

Strawberry Banana Protein Smoothie

American

A light, high-protein, low-calorie strawberry banana smoothie.

Ingredients:

- * 1 cup Frozen strawberries (unsweetened)
- * 1/2 medium Banana (ripe)
- * 1 scoop Vanilla whey protein powder
- * 1 cup Unsweetened almond milk
- * 1 cup Ice + Water
- * 1/2 cup Spinach (frozen)



Instructions:

1. Add ice, water, strawberries, banana, protein powder, almond milk, and spinach to a blender.
2. Blend until smooth. Add ice if desired for additional thickness and blend again.
3. Pour into a glass and serve immediately.

Servings: 1 | Serving size: 12 oz | Calories: 255 | Protein: 27g